



Check out these
GREAT PRICES!

59¢
lb.



**Holly Farms
Grade A
Whole Fryers**

Without MVP Card 94¢

**Holly Farms
Whole Cut-Up
Fryers** **79¢** Without MVP Card \$1.49



\$5.99
lb.

Value Pack
T-Bone or Porterhouse Steaks
Without MVP Card Regular Retail



50% Off

**Boneless Half
Pork Loin** Without MVP Card \$4.49 lb.

Value Pack
Boneless Pork Chops **\$3.49** lb. Without MVP Card \$6.99



\$4.99
lb.

**Veal Loin
Chops**
Without MVP Card \$9.99



2/\$3

12 Ounce Sliced Regular
Food Lion Bacon
Without MVP Card \$2.79 Each



**BUY ONE, GET ONE
FREE**
Limit 2 Free

16 Ounce 41/70 Count
**Food Lion Raw or
Peel & Eat Cooked Shrimp**
Without MVP Card \$7.99-\$8.99 Each



69¢
ea.

**Large Head
Iceberg
Lettuce**
Without MVP Card \$1.19



\$1.99

6-21 Ounce Select Varieties
**Stouffer's
Dinners or Entrees**
Or 5.25-12 Ounce, Select Varieties
Lean Cuisine Dinners or Entrees
Without MVP Card Regular Retail



**BUY TWO AT REGULAR
RETAIL, GET ONE
FREE**
Limit 2 Free

29-72 Ounce Select Varieties
**Tyson Family
Pack Chicken**
Without MVP Card \$9.49 Each



98¢

2 Liter Select Varieties
Pepsi Products
Without MVP Card Regular Retail



**BUY ONE, GET ONE
FREE**
Limit 2 Free

14-16 Ounce Select Varieties
**Quaker Cap'n
Crunch Cereal**
Without MVP Card \$3.25 Each



**BUY ONE, GET ONE
FREE**
Limit 2 Free

11-16.5 Ounce Select Varieties
**Nabisco Premium
Saltine Crackers**
Without MVP Card \$2.99 Each

Good neighbors. Great prices.
Week of 11/04/09 - 11/10/09

**Fall
Baking
Sale**



2/\$1

14.5-15.5 Ounce Select Varieties
**Smart Option
Vegetables**
Without MVP Card \$5¢ Each



2/\$1

10.5 Ounce
**Food Lion Cream Soup
or Gravy**
Or 19.5-26.75 Ounce Select Varieties
**Food Lion Chicken Noodle
or Tomato Soup**
Without MVP Card Regular Retail



30% Off

Select Varieties
McCormick Spices
Without MVP Card Regular Retail



\$2.39

5-Lb. Bag Granulated
Food Lion Sugar
Without MVP Card Regular Retail



2/\$4

24 Ounce
**Food Lion
Parker House Yeast Rolls**
Without MVP Card \$2.79 Each



\$1.88

24-32 Ounce Select Varieties
**Food Lion
Frozen Vegetables**
Without MVP Card Regular Retail

3 DAY SALE

Starts Friday at 8 a.m.

Use your P&G Brand Saver coupons for additional savings.

\$4.99
Limit 2



6 Mega or 12 Double Roll Select Varieties
Charmin Bath Tissue
Without MVP Card \$6.79
Rest of Week \$6.99

\$4.99
Limit 2



25-32 Loads (50 Ounce) Select Varieties
Tide Liquid Laundry Detergent
Without MVP Card \$6.79
Rest of Week \$6.99

\$7.99
Limit 2



8 Giant Rolls or 12 Regular Rolls
Bounty Paper Towels
Without MVP Card \$12.99
Rest of Week \$9.99

\$7.99
Limit 2



36 Count Select Varieties
Pampers
Without MVP Card \$10.99
Rest of Week \$8.99

2/\$5
Limit 2



12.6-13.5 Ounce Select Varieties
Pantene Shampoo or Conditioner
Without MVP Card \$4.79 Each
Rest of Week 2/\$7

\$2.99
Limit 2



75 Ounce Gel or 20 Count Pacs
Cascade Dishwasher Detergent
Without MVP Card \$5.23
Rest of Week \$3.99

11.75-13.00 Ounce Select Varieties
Doritos

BUY ONE, GET ONE FREE
Limit 2 Free

Without MVP Card \$3.99 Each

32 Ounce Regular or Light
Duke's Mayonnaise and Salad Dressing

BUY ONE, GET ONE FREE
Limit 2 Free

Without MVP Card Regular Retail

4/\$11
6 Pack, 9.5 Ounce Bottles Select Varieties
Pepsi Products
Without MVP Card Regular Retail

3/\$10
32 Pack, 12 Ounce Cans Select Varieties
Pepsi Products
Without MVP Card Regular Retail

\$5.99
4 Pack, 9.5 Ounce Select Varieties
Starbucks Frappuccino or 12 Pack, 18.9 Ounce Bottles Select Varieties
Lipton Green Tea
Without MVP Card Regular Retail

59c
10.75 Ounce
Campbell's Chicken Noodle or Tomato Soup
Without MVP Card Regular Retail

4/\$10
12 Pack - 12 Ounce Select Varieties
Food Lion Sodas
Without MVP Card \$2.95 Each

\$1.79
8 Count Select Varieties
Food Lion Toaster Pastries
Without MVP Card \$1.99

2/\$6
14 Ounce Frosted Flakes, 12.3 Ounce Frosty Loops, 12.3 Ounce Apple Jacks or 12.3 Ounce Corn Pops
Kellogg's Cereals
Without MVP Card Regular Retail

\$4.49
24 Pack 3 Liter Bottles
Deer Park Spring Water
Without MVP Card \$5.49

5/\$5
5 Ounce In Water or Oil
Bumble Bee Chunk Light Tuna
Without MVP Card Regular Retail

2/\$7
32 Ounce Select Varieties
Food Lion Bag Cereal
Without MVP Card \$4.20 Each

2/\$5
Sweet, Not Included 11.5 Ounce
Food Lion Extra Blend Coffee
Without MVP Card \$2.99 Each

\$2.99
11 Ounce, 100% Arabica
Food Lion Decaf Coffee
Without MVP Card \$1.79

10/\$10
15-15.25 Ounce Select Varieties
Del Monte Canned Fruit
Without MVP Card Regular Retail

\$7.99
2-Pack, 75 Count
Clorox Wipes
Without MVP Card \$8.99

2/\$4
60-200 Count Select Varieties
Kleenex Tissues
Without MVP Card \$2.40 Each

2/\$6
32 Ounce or 70-80 Count
Snuggle Softener or Dryer Sheets
Without MVP Card \$3.99 \$4.49

99c
25 Ounce Select Varieties
Smart Option Dish Detergent
Without MVP Card \$1.22

\$16.99
54-104 Count Select Varieties
Home 360 Box Diapers
Without MVP Card \$37.99

\$8.79
Home 360 Baby Wipes
Without MVP Card \$9.99

\$12.99
18 Lb.
Meow Mix
Without MVP Card \$13.99

\$8.99
21 Lb.
Fresh Step Scoop
Without MVP Card \$10.99

\$3.29
100% Natural Flavors
Mighty Dog
Without MVP Card \$4.99

\$7
100% Natural Flavors
Beech-Nut 3rd Foods
Without MVP Card \$7.99

Everything But The Turkey

2/\$3
15.3 Ounce Select Varieties
Hungry Jack Potatoes
Without MVP Card \$2.40 Each

3/\$5
10-14 Ounce Select Varieties
Kraft or Velveeta Macaroni and Cheese Deluxe
Without MVP Card \$1.99 Each

5/\$4
12 Ounce
PET Evaporated Milk
Without MVP Card \$9.40 Each

2/\$4
50 Ounce
Hanover Cut Green Beans
Without MVP Card \$2.43 Each

Beverages

2/\$4
48 Ounce, Select Varieties
V8 Splash
Without MVP Card Regular Retail

2/\$3
60 Ounce, Select Varieties
Food Lion Apple Juice
Without MVP Card Regular Retail

\$4.99
6 Pack, 16 Ounce Cans, Select Varieties
Blue Streak Energy Drinks
Without MVP Card Regular Retail

2/\$5
6 Pack, 16 Ounce Bottles, Select Varieties
Fruit O
Without MVP Card Regular Retail

2/\$4
16.5 Ounce, 33.5 Ounce, Select Varieties
M-C Drinks
Without MVP Card Regular Retail

\$54.99
Winston
100's Soft Lights
100's Soft Lights
100's Soft Lights

\$53.29
USA Gold
100's Soft Lights
100's Soft Lights

\$56.99
Camel
100's Soft Lights
100's Soft Lights

\$55.99
Kool
100's Soft Lights
100's Soft Lights

CAMEL
100's Soft Lights
100's Soft Lights

KOOL
100's Soft Lights
100's Soft Lights

Surgeon General's Warning: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

fresh Deli & Bakery

Introducing **Gwaltney Deli**

Starting at \$1.99 lb
Available in Select Stores

A Tradition of Excellence Since 1870

\$5.99

10 Piece - Hot or Cold Dark Meat Fried Chicken

Without MVP Card \$6.99

Taste the difference... Bigger, Better Chicken

\$6.99

Fresh N' Hot Rotisserie Style Chicken

Everyday Low Price

\$2.99

6 Inch Select Varieties In-Store Made Sub Sandwiches

Everyday Low Price

2/\$5

12 Ounce Select Varieties On The Go Bistro Sides

Without MVP Card \$2.99 Each

\$2.99

Freshly Baked All Natural Select Varieties Artisan Breads

Without MVP Card \$3.29

\$3.99

Excludes Pecan Select Varieties 8 Inch Fruit Pies

8 Inch Pecan Pie **\$5.99**

Without MVP Card \$6.99

\$2.99

4 Count Blueberry Muffins

Everyday Low Price

Dairy & Frozen

\$2.79

64 Ounce Select Varieties Minute Maid Orange Juice

Without MVP Card \$2.89

BUY MORE! SAVE MORE!

1/ \$2.79 2/ \$4 3/ \$5 4/ \$6

5 or More - \$2.79 Each

8 Ounce Select Varieties Kraft Shredded or Chunk Cheese

Without MVP Card \$2.79 Each

4/\$10

14-18.1 Ounce Select Varieties Hungry-Man Dinners

Without MVP Card \$3.99 Each

\$2.89

56 Ounce Select Varieties Food Lion Premium Ice Cream

Without MVP Card \$4.69

\$3.79

8-10 Ounce Select Varieties Cracker Barrel Cheese

Without MVP Card \$3.99

PURCHASE 2

6 Count Select Varieties Lender's Bagels at Regular Retail AND RECEIVE

8 Ounce Regular or Light Food Lion Cream Cheese **FREE**

Without MVP Card \$1.29-\$1.89

3/\$10

12 Inch Select Varieties TombStone Pizza

Without MVP Card Regular Retail

2/\$5

7-8.55 Ounce Select Varieties Jimmy Dean Breakfast Bowls or Entrees

Without MVP Card \$2.99 Each

\$1.79

8-12 Ounce Select Varieties Borden Cheese Singles

Without MVP Card \$1.99-\$2.99

\$2.79

41 Ounce Parkay Spread

Without MVP Card \$3.19

2/\$11

12 Inch Select Varieties Freschetta Pizza

Without MVP Card \$6.99 Each

\$3.99

37 Ounce Select Varieties Sara Lee Frozen Pies

Without MVP Card \$5.99

5/\$5

10 Count Pillsbury Golden Layers Or 5 Count Grands or Cinnamon Rolls

Without MVP Card Regular Retail

2/\$5

16-18 Ounce Select Varieties Nestle Refrigerated Cookies

Everyday Low Price

2/\$7

56 Ounce Select Varieties Pet Ice Cream Or 56 Ounce Select Varieties Blue Bunny Ice Cream

Without MVP Card Regular Retail

88¢

6-14.5 Ounce Select Varieties Smart Option Pizza

Without MVP Card 99¢

Health & Beauty

BUY ONE, GET ONE **FREE**

Limit 2 Free

2 Ounce - 350 Count Select Varieties SunDown Vitamins

Without MVP Card Regular Retail

\$2.79

2 Bar Pack Select Varieties Dove Soap

Without MVP Card \$3.22

\$1.49

8 Ounce Select Varieties Healthy Accents Hand Sanitizer

Without MVP Card \$1.97

2/\$5

4 Ounce - 24 Count Select Varieties Healthy Accents Cold Relief

Without MVP Card Regular Retail

quality Meats & Seafood



\$179
lb.

Holly Farms Split Chicken Breast
Without MVP Card \$1.99



\$149
lb.

Vacuum Pack Smithfield Shank Portion Smoked Ham
Without MVP Card \$1.69



\$159
lb.

Smithfield Butt Portion Smoked Ham
Without MVP Card \$1.79



\$349
lb.

Boneless Value Pack Shoulder Steak or Roast
Without MVP Card \$4.59



\$249
lb.

Value Pack Ground Chuck
Without MVP Card \$2.99



\$299
lb.

Farm Raised Tilapia Fillets
Without MVP Card \$5.99



\$299
lb.

Value Pack Boneless Stew Beef
Without MVP Card \$3.79



FREE
Limit 2 Free

8 Ounce Louis Kemp Crab or Lobster Delights
Without MVP Card \$3.19 Each



\$599
lb.

Hand-Cut Tuna Steaks
Without MVP Card Regular Retail



FREE
2.5-3 Lb. Bag Individually Quick Frozen Food Lion Chicken Breast Halves or Tenders
Without MVP Card \$12.99 Each



2/\$5
16 Ounce Select Varieties Tennessee Pride Roll Sausage
Without MVP Card \$2.06 Each



2/\$5
16 Ounce Smithfield Smoked Sausage or Polska Kielbasa
Without MVP Card \$2.99 Each



\$599
38.4 Ounce Mama Lucia Meatballs
Without MVP Card \$7.99



2/\$7
16 Ounce Select Varieties Land O Frost Premium Lunch Meats
Without MVP Card \$4.79 Each



\$649
18-20 Ounce Select Varieties Bob Evans Entrees
Without MVP Card \$8.99



2/\$6
24 Ounce Original or Garlic Country Crock Mashed Potatoes
Without MVP Card \$1.69 Each



2/\$7
16 Ounce Select Varieties Angus Beef Franks
Without MVP Card \$4.19 Each

fresh Produce



\$179
lb.

Large, Seeded Red Globe Grapes
Without MVP Card \$2.49



\$129
lb.

New Crop Bartlett Pears
Without MVP Card \$1.99



\$249
lb.

Imported Premium, Full Flavor Hot House Tomatoes
Without MVP Card \$2.99



44¢
ea.

Large, Select Cucumbers
Without MVP Card 50¢



79¢
lb.

Russet Potatoes
Without MVP Card 89¢



\$199

8 Ounce Snow White Sliced Mushrooms
Without MVP Card \$2.29



\$799
ea.

10" Hardy Fall Mums
Everyday Low Price



FOOD LION NEWS! September 30 - November 24, 2009

Don't forget, spend \$45 and get your weekly Turkey Credit!

FREE* TURKEY

*Shop your way to a \$20 coupon! See Store Office for Official Rules.

- Shop 6 of 5 weeks.
- Spend \$45 per visit with your personal MVP Card each week.
- Earn 6 different weekly Electronic Turkey Credits (on your cash register receipt) and receive \$20 off your next shopping order electronically at the cash register.

We reserve the right to limit quantities and correct typographical errors. Rainchecks unavailable on alcohol and tobacco products.

All Stores Accept

Prices in this ad good at stores conveniently located in these cities:

Fairmont, Laurinburg, Lumberton, Maxton, Pembroke, Red Springs, Saint Pauls

• Coastal and Western Units Available At Many Stores
• Deli/Meat Store May Not Be Available At All Stores
• Sale Begins Wednesday at 8 AM in 24 Hour Stores

01/10/09 2/1